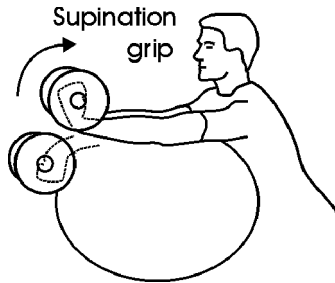


Shooting Wrist Exercises

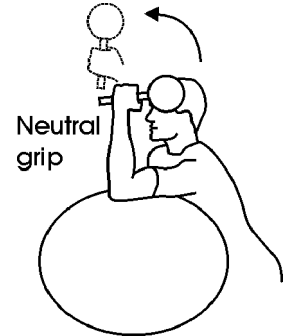


1. Choose a weight that is challenging but that 15 reps can be attained while maintaining good form (see picture).
2. Choose 3-4 exercise to do for one workout, Do 2 sets of 15 reps per each exercise.
3. Do not do the same exercises two workouts in a row. i.e. if you choose #2,#3,and #4, for your first workout, none of them should be in your next workout.
4. Do 1-3 wrist workouts per week. Allow at least one day of rest between workouts.

Wrist Supination Curls



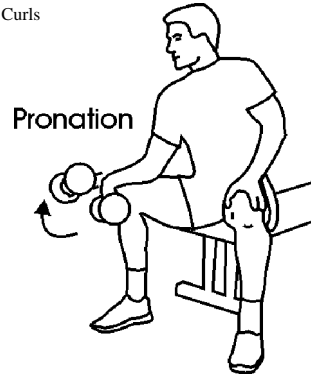
Wrist Neutral Grip Extensions



Wrist Barbell Supination Curls



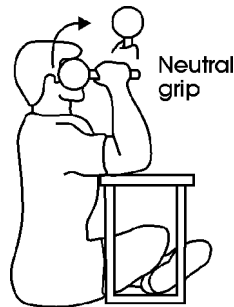
Wrist Pronation Curls



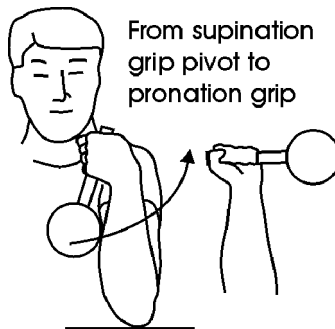
Wrist Alternating Pronation Curls



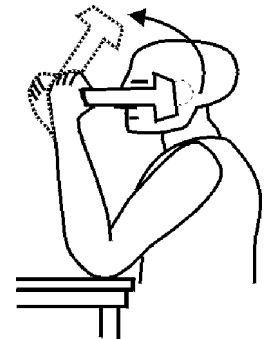
Wrist Neutral Grip Extensions



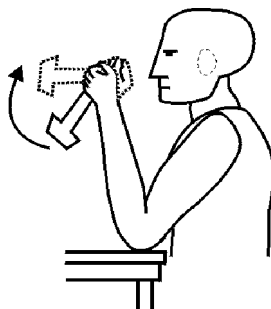
Wrist Pivot Exercises



Wrist and Hand Pronation, Forward



Wrist and Hand Pronation, Upward



Wrist and hand Rotation, Tri Planar

